



Y REGAL COOK BOOK



THE ST. LAWRENCE

FLOUR MILLS COMPANY LIMITED

Equivalents of capacity

(All measures level full)

3 teaspoonsfuls	=	{	1 tablespoonful
$\frac{1}{2}$ fluid ounce	=		
16 tablespoonfuls	=		
2 gills	=		1 cupful
$\frac{1}{2}$ liquid pint	=		
8 fluid ounces	=		
1 liquid pint	=	{	2 cupfuls
16 fluid ounces	=		

LIQUID MEASURE

4 fluid ounces	= 1 gill
4 gills	= 1 pint
2 pints	= 1 quart
4 quarts	= 1 gallon
31 $\frac{1}{2}$ gallons	= 1 barrel
2 barrels	= 1 hogshead

DRY MEASURE

(For fruits, vegetables, and other dry commodities)	
2 pints	= 1 quart
8 quarts	= 1 peck
4 pecks	= 1 bushel
105 quarts	= 1 barrel

The pint and quart dry measures are about 16% larger than the pint and quart liquid measures.

Approximate weights of some common dry commodities

	Pounds per bushel
Apples.....	44 to 50
Beans.....	60
Beets.....	50 to 60
Carrots.....	50
Cranberries.....	32 to 40
Cucumbers.....	48 to 50
Onions.....	50 to 57
Parsnips.....	42 to 50
Peaches.....	48 to 50
Peanuts.....	20 to 25
Pears.....	45 to 58
Peas (dried).....	60
Potatoes (white).....	60
Potatoes (sweet).....	50 to 56
Tomatoes.....	50 to 60
Turnips.....	50 to 60

Ice:

1 cubic foot.....	= 57.2 pounds
30 cubic inches....	= 1 pound
Sugar, granulated:	
1 cupful.....	= $\frac{1}{2}$ pound
Butter:	
1 cupful.....	= $\frac{1}{2}$ pound
Lard:	
1 cupful.....	= $\frac{1}{2}$ pound
Flour:	
1 cupful.....	= $\frac{1}{4}$ pound
Rice:	
1 cupful.....	= $\frac{1}{2}$ pound
Cornmeal:	
1 cupful.....	= 5 ounces
Raisins (stemmed):	
1 cupful.....	= 6 ounces
Currants (cleaned):	
1 cupful.....	= 6 ounces
Bread crumbs (stale):	
1 cupful.....	= 2 ounces
Chopped meat (packed):	
1 cupful.....	= $\frac{1}{2}$ pound

These weights are approximate only and should not be used in trade for determining whether correct measure is given or received.

1930's

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THE REGAL RECIPE BOOK



*A collection of practical and
tested recipes to guide the
housewife in the baking of
bread, cake and pastry.*



THE ST. LAWRENCE FLOUR MILLS COMPANY,
LIMITED
MONTREAL, CANADA.



REGAL HOME-MADE BREAD

3 pounds of Regal Flour	1 ounce of lard
1 quart of liquid (two-thirds water and $\frac{1}{3}$ milk)	2 small yeast cakes
	1 dessert spoon of salt
	1½ ounces of sugar

Dissolve the yeast in one cup of the milk and water heated to 85 degrees. Sift the salt, sugar and flour well together. Mix the flour and liquid, add the lard, and mix for twenty minutes. Set in a warm place, temperature about 80 degrees, and let it rise for three hours or until light. Work down one minute and let it rise again for two hours or a little longer. Half fill the pans and when the dough has risen to the top of the pans, put in the oven to bake.

WHOLEWHEAT BREAD

6 yeast cakes	2 tablespoonfuls sugar
2 tablespoonfuls salt	(omit in diabetes diet)
4 pints water or bran water	2 tablespoonfuls shortening
Wholewheat "Nutritia" Flour	

In the morning, dissolve yeast and sugar in the liquid; add enough Wholewheat Nutritia Flour for a leavened dough; beat 5 to 6 minutes; set for one-half hour; add salt and shortening;—then knead dough, adding flour to it, until it is as hard as possible and can be worked without sticking to fingers.

Set about three hours; reduce dough by kneading, but without addition of flour; set again and let rise to half the bulk, or slightly more, of the volume previously attained,—during about 45 to 50 minutes; drop in pans, in quantities to fill half the pan, with the least possible manipulation, and without adding flour; put in moderately hot oven, not quite as hot as required for white bread.

It is advisable, after the first baking, to remove the bread from the pans, turn it and put back in the oven for a few minutes in order to eliminate humidity.

This recipe is sufficient for 8 small loaves of about 1½ lbs., and they require 50 to 60 minutes for thorough baking.

If you start preparing the dough at night, use only half the yeast: three cakes are sufficient.



CHRISTMAS DOUGHNUTS

2 teaspoonfuls baking powder	1 cupful sugar
4 cupfuls Regal Flour	1 teaspoonful grated nutmeg
$\frac{1}{4}$ teaspoonful salt	2 eggs
1 tablespoonful butter	1 teaspoonful lemon extract
	1 cupful milk

Sift flour twice with baking powder and salt, and set aside. Cream butter, sugar and nutmeg together, add eggs well beaten, and beat for five minutes; add extract, milk and flour. Turn out on a floured baking board and roll out one-fourth inch thick; cut with a doughnut cutter and fry in plenty of smoking hot fat. Drain well on paper and cool.

Roll in powdered sugar.

If liked, the dough may be cut in small rounds and a marshmallow enclosed in each one before frying. Sufficient for about fifty doughnuts.

RICE POPOVERS

2 cupfuls cold boiled rice	2 tablespoonfuls sugar
2 cupfuls Regal Flour	2 eggs—separated
2 teaspoonfuls baking powder	2 cupfuls milk
	1 teaspoonful salt

Mash rice until smooth. Sift flour, baking powder, sugar and salt together twice. Beat yolks of eggs, add whites beaten to a stiff froth, and stir them into the rice. Then add milk and flour alternately, and beat until smooth.

Have gem pans greased and a little flour sifted into each. Fill each two-thirds full with the mixture, and bake in a hot oven for fifteen minutes. Serve hot with butter or maple syrup. Also as a dessert with preserved fruits.

Sufficient for twenty popovers.



CORN BREAD

1 tablespoonful butter
2 tablespoonfuls sugar
2 eggs, separated
1 cupful corn meal

3 teaspoonfuls baking powder
1 cupful Regal Flour
 $\frac{1}{2}$ teaspoonful salt
1 cupful milk

Cream butter and sugar thoroughly together, add yolks of eggs one by one; then beat whites of eggs to a stiff froth and add them with the corn meal, flour sifted with baking powder and salt, and milk. Mix lightly together until all is thoroughly well mixed, then pour into a well-greased and floured shallow baking pan and bake in a moderately hot oven for fifteen minutes, or until done. Break or cut in pieces.

This mixture may also be used for corn muffins or gems by baking in muffin rings or gem pans.

Sufficient for six persons.

RICE AND CORN MEAL BREAD

1 cupful cold boiled rice
1 cupful corn meal
1 cupful Regal Flour

6 teaspoonfuls baking powder
1 teaspoonful salt
1 egg
1 cupful milk

Beat the egg until light. Add milk, salt, corn meal and rice, and lastly flour sifted with baking powder.

Mix thoroughly and beat hard. If necessary stir in five extra tablespoonfuls milk. Bake in three well-greased layer cake pans in hot oven for thirty minutes. When done turn out onto plate and arrange like a layer cake, spreading two layers with butter, dusting the top with powdered sugar. If desired, the egg may be omitted and another half teaspoonful baking powder added instead.

This makes a delicious hot bread for tea. Sufficient for six persons.

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DAINTY CINDERELLAS

2 teaspoonfuls baking powder	1 egg
2 cupfuls Regal Flour	$\frac{1}{4}$ cupful milk
$\frac{1}{2}$ cupful butter	1 teaspoonful orange or almond extract
1 cupful sugar	1 egg white

Sift flour and baking powder twice. Cream butter and sugar thoroughly together, add egg well beaten, milk, extract and flour. Mix well, turn out onto a floured baking board and roll out about one-half inch in thickness.

The Cinderellas should be cut out with fancy cake cutters in diamonds, triangles, squares, hearts, stars and rounds. Brush tops of cakes with unbeaten white of egg and dust over with granulated sugar. Place on greased tins, without letting the cakes touch each other, and bake in a quick oven until nicely browned. Sufficient for forty cakes.

"HOT-DOG" DAINTIES

4 cupfuls Regal Flour	1 pound small smoked sausages
1 teaspoonful salt	4 tablespoonfuls lard
5 teaspoonfuls baking powder	About 2 cupfuls milk—or milk and water

Brush each sausage with mustard.

Sift flour, salt and baking powder together. Work in lard and gently mix in milk enough to make a smooth dough, soft enough to be handled easily without being stiff. Roll out about $\frac{1}{4}$ inch thick. Cut in small squares. Lay one smoked sausage in each square; roll up and fasten securely by pinching dough together. Place in a pan a little distance apart and bake in a quick oven until brown. Sufficient for fourteen dainties.

COCOANUT JUMBLES

1 cupful butter or substitute	4 tablespoonfuls milk
2 cupfuls sugar	$\frac{1}{2}$ tablespoonful vanilla
2 eggs	Regal Flour (enough to roll, about 5 cupfuls)
3 teaspoonfuls baking powder	Shredded cocoanut
1 teaspoonful salt	

Cream the butter, add the sugar gradually, eggs well beaten, the baking powder, milk and vanilla. Roll thin, cut with a doughnut cutter, sprinkle with granulated sugar and cocoanut and bake about 10 minutes in a rather hot oven.

BLUEBERRY OR HUCKLEBERRY TEA CAKE

$\frac{1}{2}$ cupful butter	4 cupfuls Regal Flour
1 $\frac{1}{2}$ cupfuls sugar	4 teaspoonfuls baking powder
2 eggs	$\frac{1}{2}$ teaspoonful salt
1 cupful milk	2 cupfuls blueberries or huckleberries

Cream butter and sugar thoroughly together, add eggs well beaten, and milk. Sift flour twice with baking powder and salt, and add to other ingredients. Dust berries with flour and add them to the batter. Mix carefully and divide into two well-greased square cake tins, and bake in a steady oven for three-fourths of an hour. Cut into squares and serve hot with butter and powdered sugar. Sufficient for twelve squares.

This batter may be baked in greased muffin tins.



BISCUITS

2 cupfuls Regal Flour
4 teaspoonfuls baking powder
1 teaspoonful salt

$\frac{3}{4}$ cupful to 1 cupful milk

2 tablespoonfuls butter or 1 tablespoonful butter and 1 tablespoonful lard

Mix flour, baking powder and salt and sift into a basin; add butter or lard, and chop with a sharp knife until mealy. Add milk gradually until mixture is soft and spongy. Turn onto a slightly floured baking board and roll lightly until of a uniform thickness, about one-half inch. Cut with a floured biscuit cutter, place on a greased tin and bake for twelve to fifteen minutes in a quick oven. Biscuits should always be separated on the pan, as they will be more delicate and lighter than when placed close together.

Sufficient for twelve biscuits.

POTATO BISCUIT

1 cupful freshly mashed potatoes	1 cupful Corn Flour
2 tablespoonfuls melted shortening	2 teaspoonfuls baking powder
	1 teaspoonful salt

Add melted shortening to mashed potatoes; mix and sift flour, baking powder and salt. Add to potato mixture to make a soft dough. Roll out quickly one-quarter inch thick. Cut with biscuit cutter and bake in a quick oven fifteen minutes. Sufficient for twelve biscuits.

This also makes a good crust for meat pie. If rolled out the size of a saucer, you may place any chopped meat available combined with vegetables or rice on dough, folding over, crimp the edges and bake in a hot oven. These turnovers may be served with or without gravy, as desired.

NEW ENGLAND CORN MUFFINS

1 cupful corn meal	$\frac{1}{4}$ cupful molasses (or 2 tablespoonfuls sugar)
$\frac{3}{4}$ cupful Regal Flour	1 cupful milk
3 teaspoonfuls baking powder	1 egg, well beaten
1 teaspoonful salt	1 tablespoonful melted butter

Sift together the corn meal, flour, baking powder, sugar (if used), and salt. Mix thoroughly milk and molasses (if used in place of sugar). Add to dry ingredients slowly, then add egg and melted butter. Bake in muffin tins twenty-five minutes.

Sufficient for twelve muffins.

SURPRISE PANCAKES AND MUFFINS

2 cupfuls Regal Flour	1 teaspoonful salt
3 tablespoonfuls baking powder	2 cupfuls water

Sift flour, baking powder and salt into a mixing bowl, add water gradually then beat well. Pour from a pitcher onto a hot, greased griddle, or frying pan, if in camp, and turn when full of bubbles. When brown, serve hot with butter and maple syrup or sugar. Sufficient for fifteen cakes.

This batter may be cooked in muffin rings.

Note that no eggs or shortening are used in this recipe.

DAINTY ORANGE TEA CAKES

1 $\frac{1}{2}$ teaspoonfuls baking powder	1 $\frac{1}{2}$ cupfuls sugar (scant)
1 $\frac{1}{2}$ cupfuls Regal Flour	1 teaspoonful grated orange rind
3 eggs, separated	$\frac{1}{2}$ cupful boiling water
1 tablespoonful orange juice	$\frac{1}{8}$ teaspoonful salt

Orange Frosting:

Confectioners' sugar	1 orange
	Candied orange peel

For Cake:—Beat yolks of eggs thoroughly, add strained orange juice and sugar and beat for ten minutes, then add salt, orange rind, boiling water, whites of eggs stiffly beaten, and flour sifted with baking powder. Divide into small greased and floured gem pans, and bake in a quick oven for ten minutes. Cool and ice with orange frosting, and decorate with tiny pieces of candied orange peel.

For Frosting:—Sift confectioners' sugar into a bowl (about two cupfuls), add strained juice of orange and beat well together; if too thin add a little more confectioners' sugar.

Sufficient for twenty cakes.



MUFFINS

4 teaspoonfuls baking powder
1½ cupfuls Regal Flour
2 tablespoonfuls sugar

1 teaspoonful salt
⅛ cupful milk
2 tablespoonfuls butter
1 egg

Sift flour once, measure, add baking powder, salt and sugar and sift four times, add milk gradually while stirring constantly. When smooth and free from lumps add butter, melted, mix, add egg, beaten until thick and light colored, beat well, and pour into well-greased hot gem pans. Bake twenty minutes in a hot oven. Sufficient for twelve muffins.

QUEEN TEA MUFFINS

4 tablespoonfuls shortening
4 tablespoonfuls granulated sugar
1 egg, beaten light

1 ¾ cupfuls sifted Regal Flour
4 teaspoonfuls baking powder
½ teaspoonful salt
¾ cupful milk

Cream the shortening; gradually beat in the sugar; add the egg, milk, and flour sifted again with the baking powder and salt. Beat thoroughly. Bake about 20 minutes in hot, well-greased muffin tins.

ALPHABET COOKIES

1 cupful butter or margarin
1 cupful sugar
2 eggs

4 cupfuls Regal Flour
Grated rind 1 lemon
1 tablespoonful crushed cardamom
1 teaspoonful vanilla

Cream together the butter and sugar; add the eggs well beaten and the rest of the ingredients. Knead the mixture in the bowl with the hands until thoroughly mixed, then cut off a small portion, and, with the palms of the hands, roll it into a long cylindrical strip about one-half inch thick. Form the dough into any letters desired and bake on a greased baking sheet at 450° F. for about ten minutes.

BUTTERSCOTCH COOKIES

$\frac{1}{2}$ cupful butter	$\frac{1}{2}$ tablespoonful cream of tartar
2 cupfuls brown sugar	$\frac{1}{2}$ tablespoonful soda
2 eggs	3 $\frac{1}{2}$ cupfuls Regal Flour
	$\frac{1}{2}$ tablespoonful vanilla

Mix in order given. Pack in hard loaf. Let stand overnight. In morning slice and bake in hot oven.

PEANUT COOKIES

1 cupful ground, freshly roasted peanuts	2 eggs
1 cupful sugar	1 $\frac{1}{2}$ cupfuls Regal Flour
$\frac{1}{4}$ cupful peanut oil	$\frac{1}{2}$ teaspoonful salt 2 teaspoonfuls baking powder

Cream sugar and peanut oil, add beaten eggs and flour sifted twice with baking powder and salt. Mix in half the ground peanuts and sprinkle balance on cookies before putting them in a moderate oven. Bake about twelve minutes. Sufficient for thirty cookies.

SPICE COOKIES

5 eggs	4 teaspoonfuls baking powder
2 cupfuls sugar	4 cupfuls Regal Flour
1 lemon	$\frac{1}{2}$ teaspoonful powdered cloves
	$\frac{1}{2}$ teaspoonful powdered cinnamon

Beat eggs and sugar together for fifteen minutes, add grated rind and strained juice of lemon, and gradually flour sifted with baking powder, and spices. Mix carefully and drop by teaspoonfuls onto greased baking tins. Bake in a fairly hot oven for eight to ten minutes.

Sufficient for four dozen cookies.

FANCY COOKIES FOR TEA

$\frac{3}{4}$ cupful butter	1 teaspoonful baking powder
$\frac{1}{2}$ cupful sugar	3 cupfuls Regal Flour
2 small eggs	$\frac{1}{2}$ teaspoonful almond extract
	$\frac{1}{2}$ cupful ground almonds

Hard White Icing:

1 egg white	1 teaspoonful lemon juice
1 $\frac{3}{4}$ cupfuls confectioners' sugar	Shredded almonds

For Cookies:—Cream butter and sugar together, add eggs well beaten, flour sifted with baking powder, extract and almonds. Knead lightly, and roll out on a floured baking board. Cut with a small, plain round cutter lay on greased tins, spread on each a little of the icing and sprinkle over a few shredded almonds. Bake in a moderate oven for ten minutes.

For Icing:—Sift sugar into a basin, add egg and lemon juice and beat for fifteen minutes. If too thick, add a very little more white of egg.

Sufficient for fifty cookies.

If liked, pour the following "French Water Icing" over cookies when hot. Sift one cupful of confectioners' sugar into a basin, mix into it sufficient cold water to make it into a thin paste, beat until smooth, flavor it as desired, and pour it over the cookies. When dry serve for tea.



SUGAR COOKIES

1 cupful butter (scant)
1 cupful sugar
2 eggs

Enough Regal Flour to make a dough and roll out thin on board

Cream butter and sugar thoroughly together with a wooden spoon. Beat eggs until very light, add to creamed mixture, beat well, add water and extract. To one-half cupful of sifted flour add baking powder and sift into other ingredients, beat until light, and then add enough flour to make a soft dough, about two level cupfuls. Turn out onto a floured baking board, knead lightly roll out very thin, cut out with a cookie cutter and bake in a quick oven for ten minutes. These cookies are as good at six weeks as when baked. One tablespoonful of crushed caraway seeds may be substituted for vanilla extract.

Sufficient for fifty cookies.

SOFT MOLASSES COOKIES

1 cupful shortening
1 cupful brown sugar
1 cupful Porto Rico molasses
1 cupful sour milk
2 teaspoonfuls soda

1 teaspoonful salt
1 teaspoonful ginger
1 teaspoonful cinnamon
1 tablespoonful vinegar
About 5 cupfuls Regal Flour

Cream the shortening and blend with it the brown sugar; add the molasses and sour milk. Sift together three cupfuls of flour with the soda, salt, and spices. Add to the first mixture together with the vinegar. Add the rest of the flour, taking care to keep the dough a soft one. Chill overnight in the refrigerator or other cool place and roll out in the morning—not too thin. Cut in desired shapes and bake on greased baking sheets about fifteen minutes in a 350° F. oven.

PEANUT COOKIES

2 tablespoonfuls fat
1 cupful sugar
2 eggs well beaten
2 cupfuls Regal Flour

2 tablespoonfuls baking powder
 $\frac{1}{2}$ teaspoonful salt
 $\frac{1}{4}$ cupful milk
1 cup chopped peanuts
 $\frac{1}{2}$ teaspoonful lemon juice

Cream fat, add sugar gradually, add well-beaten eggs. Mix and sift baking powder, salt and flour; add to first mixture. Then add milk, peanuts and lemon juice. Drop from tip of a spoon on a greased pan 1 inch apart. Place $\frac{1}{2}$ peanut on top of each. Bake 12 to 15 minutes in a slow oven.

FRUIT COOKIES

$\frac{1}{2}$ cupful shortening	$2\frac{1}{2}$ cupfuls Regal Flour
1 cupful brown sugar	1 teaspoonful cinnamon
1 egg	$\frac{1}{4}$ teaspoonful allspice
$\frac{1}{2}$ cupful corn syrup	$\frac{1}{4}$ teaspoonful ground cloves
$\frac{1}{2}$ cupful sour milk	$\frac{1}{4}$ cupful raisins
1 teaspoonful soda	1 cupful chopped walnuts
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ cupful shredded cocoanut
	Plain icing

Cream shortening and sugar together, add egg well beaten, syrup, sour milk, flour, sifted with soda, salt and spices, the raisins cut in halves, chopped nuts, and cocoanut. Mix all together well and spread thinly in well-greased and floured shallow pans. Bake at 375° F. for about twenty minutes. While still warm, spread thinly with icing made by moistening confectioners' sugar with milk or water and flavoring with vanilla. When cold, cut with knife in squares or diamonds and remove from the pan.

ROCKS

4 cupfuls Regal Flour	$\frac{1}{4}$ pound cleaned currants
$\frac{1}{2}$ teaspoonful salt	$\frac{1}{4}$ teaspoonful mace
A teaspoonful baking powder	A little grated lemon rind
$\frac{3}{4}$ cupful butter	3 eggs
1 cupful sugar	Nuts, raisins, citron

Sift together the flour, salt, and baking powder; then rub the butter into flour and add the sugar, currants, mace and grated lemon rind. Stir in gradually the eggs well beaten. Mix thoroughly. Pinch off irregular bits of the dough and place on a greased baking sheet, press a halved nut, a raisin, or a bit of citron on some of the rocks, and roll others in granulated sugar. Bake at 400° F. for ten to fifteen minutes.

PEANUT BUTTER BISCUITS

4 teaspoonfuls baking powder	1 tablespoonful lard or drippings
2 cupfuls Regal Flour	3 tablespoonfuls peanut butter
$\frac{1}{4}$ teaspoonful salt	2 eggs
1 tablespoonful sugar	Milk enough to make a soft dough

Sift the flour, baking powder, salt and sugar into a bowl. Cut in the lard and peanut butter with a knife, or rub them in with tips of the fingers. Beat eggs and add them with sufficient milk to make a soft dough. Turn out on a floured baking board, knead lightly, roll out, cut with a cutter, brush over with a little beaten egg, sprinkle with sugar, and bake from twelve to fifteen minutes in a moderate oven. Sufficient for twelve biscuits.



WHITE FLOUR GRIDDLE CAKES

4 teaspoonfuls baking powder	3 eggs—separated
3 cupfuls Regal Flour	2 cupfuls milk
1 teaspoonful salt	1 tablespoonful butter

Melt butter. Mix flour, baking powder and salt together and sift into a basin. Beat up yolks and whites of eggs separately. Add yolks to milk then add butter. Gradually add flour and beat up into a smooth batter, then fold in whites of eggs. Turn batter into a wide-mouthed pitcher and pour into a hot, well-greased griddle, to the size of a saucer. When nicely browned on one side turn with cake turner. When browned on other side remove to a hot dish. Serve hot with butter and syrup, or sugar and milk, as desired.

BUCKWHEAT CAKES

5 teaspoonfuls baking powder	1 teaspoonful salt
2 cupfuls Buckwheat Flour	1 tablespoonful molasses
1 cupful Regal Flour	2½ cupfuls milk
1 cupful water	

Mix buckwheat flour, baking powder, flour and salt and sift them into a bowl; add milk, water and molasses and beat well. Cook at once on a hot, well-greased griddle. Serve hot with butter and syrup. These cakes are excellent with fried sausages. If liked, a well-beaten egg may be added to the batter. Sufficient for thirty-five cakes.

RICE GRIDDLE CAKES

1 cupful Regal Flour	1 teaspoonful salt
¾ cupful cooked rice	2 teaspoonfuls sugar
3 teaspoonfuls baking powder	½ cupful milk
1 egg, well beaten	1 tablespoonful melted butter

Mix and sift flour, salt, sugar and baking powder. Add rice and melted butter, the egg (well beaten) and milk to make the batter. Beat well. Cook at once on a hot, well-greased griddle. Serve hot with butter and syrup. The addition of an extra egg makes these griddle cakes unusually delicious. Sufficient for ten griddle cakes.



APPLE PIE

Filling:

6 to 8 medium-sized apples
 $\frac{1}{2}$ cupful sugar

2 tablespoonfuls cinnamon
 1 tablespoonful butter
 3 tablespoonfuls cold water

Line a deep pie plate with chopped pastry. Place layer of thinly sliced apples in the dish, dust over with cinnamon and sugar—repeating until the dish is filled. Add three tablespoonfuls cold water and fleck with butter, place top crust on and bake in moderate oven until a golden brown.

PUMPKIN PIES

4 cupfuls stewed and strained pumpkin	1 teaspoonful powdered mace
1½ level cupfuls sugar	1 teaspoonful powdered cinnamon
1 teaspoonful baking powder	1 teaspoonful powdered ginger
1 tablespoonful Regal Flour	2 cupfuls milk
1 teaspoonful salt	Flaky pastry

Line two pie plates with pastry. Put pumpkin into a basin, add sugar, flour, salt and baking powder mixed together, then stir in the spices and the milk; fill into the prepared pie plates and bake in a hot oven to a rich, golden-brown color.

Note that this economical recipe contains no eggs.

MINCE PIES

Flaky pastry	1 tablespoonful salt
2 pounds boiled lean beef (chopped)	2 tablespoonfuls powdered cinnamon
2 cupfuls chopped suet	1 tablespoonful powdered mace
2 cupfuls seeded raisins	1 tablespoonful powdered nutmeg
2 cupfuls sultana raisins	1 tablespoonful powdered allspice
8 cupfuls currants	5 cupfuls sugar
2 cupfuls chopped candied citron peel	4 pounds peeled and chopped apples
1 cupful blanched and chopped almonds	4 lemons
	1 cupful brandy
	2 cupfuls sherry wine

Put beef into a large mixing bowl; add suet, fruit well cleaned, peel, almonds, salt, spices, sugar, apples, grated rinds and strained juice of lemons, brandy and wine. Mix well and allow to stand over night, then mix again and divide into jars and seal.

This mince meat will keep all winter in a cool place. Let stand at least two weeks before using. Boiled cider may be used in place of brandy and wine. Sufficient for ten pies.

For two mince pies:—Line two pie plates with a rich crust, fill with the mince meat mixture, put a crust on top, or strips, if preferred, brush over with beaten egg or milk, and bake in a hot oven for thirty minutes. Serve warm—not HOT.

FLAKY PASTRY

2 teaspoonfuls baking powder	$\frac{1}{2}$ cupful butter
4 cupfuls Regal Flour	$\frac{1}{2}$ cupful lard
1 teaspoonful salt	2 tablespoonfuls lemon juice

Ice water

Divide shortening into four equal portions. Sift flour, baking powder, and salt into a bowl, add one portion of the fat and rub it lightly into flour. Mix to a stiff paste with lemon juice and a little ice water. Turn out onto floured baking board, roll out to an oblong piece, and distribute a second installment of the fat in small knobs over it, to within one-fourth inch of edge. Dredge a very little flour over, fold evenly in three, press edges together with rolling-pin to exclude the air, and lay away in a cold place, or in the refrigerator for ten minutes. Repeat processes with the chilling intervals until fat is used up, roll out to the requisite thickness, and use for pies or tartlets.

Sufficient for three pies.

RAISED PIE CRUST

$\frac{1}{2}$ cupful butter or lard	1 teaspoonful baking powder
1 cupful hot water	4 cupfuls Regal Flour
	1 teaspoonful salt

Put butter or lard and water into small saucepan, bring to a boil, but do not let mixture reduce in quantity. Sift baking powder, flour and salt into a bowl and make a well in the centre of the mixture. Pour in hot liquid, mixing first with a wooden spoon or a knife, as it is rather hot, then take the hand and mix into a compact paste.

Turn out on a floured baking board, and knead lightly and quickly until free from cracks.

This paste must be used while warm for making raised pies of pork, or mutton.

PIE CRUST

(For a 9-inch double-crust pie. Use $\frac{1}{2}$ recipe for 1-crust pie.)	
2 cupfuls Regal Flour	$\frac{1}{2}$ teaspoonful salt
$\frac{1}{2}$ cupful cold shortening	$\frac{1}{3}$ to $\frac{1}{2}$ cupful very cold water

The best results are obtained by having all ingredients and utensils as cold as possible. Measure flour and salt, mix and sift. Cut in shortening with two knives until mixture looks like meal, or rub the shortening into the flour until smooth, with the back of a tablespoon. Add cold water a little at a time mixing with a knife until the dough cleans the bowl of all flour and paste. (Avoid using too much water.)



BUTTERSCOTCH PIE (with Meringue Topping)

1 baked pie shell	4 tablespoonfuls Regal Flour
2 eggs, separated	2 tablespoonfuls butter or substitute
1½ cupfuls dark brown sugar	1 teaspoonful vanilla extract
½ teaspoonful salt	2 egg-whites
1½ cupfuls milk	2 tablespoonfuls powdered sugar

Use one-half recipe for Pie Crust; line a pie tin and bake. To make the filling, separate eggs and put the yolks into a saucepan, beating slightly; add brown sugar, flour, salt, milk, butter, and vanilla. Stir constantly over fire until it thickens and comes to boiling point. Pour into the baked pie shell. Beat the egg-whites until stiff, add the powdered sugar and spread on the pie. Return to a slow oven for 10-12 minutes to lightly brown the meringue.

LEMON MERINGUE PIE

¾ cupful sugar	3 egg yolks
3 tablespoonfuls cornstarch	1 lemon rind, grated
1 cupful boiling water	4 tablespoonfuls lemon juice
1 tablespoonful butter	Flaky pastry

For Meringue:

3 egg whites	3 tablespoonfuls sugar
	½ tablespoonful lemon juice

For Pie:—Mix sugar and cornstarch in a small saucepan, add boiling water, stirring constantly, and cook for two minutes. Add butter, egg yolks well beaten, grated rind and lemon juice. Remove from the fire and cool.

Line a pie plate with pastry, cutting the pastry larger than the plate and building up a rim; pinch with the fingers first dipped in flour. Pour in the mixture and bake in a moderate oven for twenty minutes, or until the pastry is done.

For Meringue:—Beat whites of eggs until stiff, add gradually sugar and lemon juice, and continue beating for two minutes. Pile on the top of the pie and return to the oven to brown lightly. Sufficient for six persons.

COCOANUT TART

Flaky pastry	$\frac{1}{2}$ cupful chopped cocoanut
2 eggs, separated	$\frac{1}{2}$ teaspoonful baking powder
1 cupful milk	$\frac{1}{2}$ teaspoonful vanilla extract
1 tablespoonful cornstarch	2 tablespoonfuls raspberry jam
	1 tablespoonful sugar

Line a greased glass pie plate with pastry. Perforate it in several places with a fork before putting in the oven, to avoid blistering. Bake in a moderate oven until ready.

Beat yolks of eggs with sugar. Heat milk (except two tablespoonfuls) and pour it slowly onto yolks of eggs, stirring all the time. Return this to the saucepan, and add cornstarch moistened with remainder of milk. Stir until well thickened, and then remove from the fire. Add cocoanut, baking powder, extract, and whites of eggs stiffly beaten. Put jam at the bottom of pastry case, and mixture on the top. Brown lightly in the oven. Sprinkle with sugar, and serve the tart either hot or cold. Sufficient for four persons.

APPLE TARTLETS

Flaky pastry	2 tablespoonfuls butter
1 pound apples (about 4 apples)	2 eggs
2 tablespoonfuls water	2 tablespoonfuls milk
4 cloves	$\frac{1}{2}$ teaspoonful baking powder
$\frac{1}{2}$ cupful sugar	1 tablespoonful Regal Flour

Roll out pastry, cut in rounds, and line greased tartlet pans; peel, core and cut apples into small pieces, put into a saucepan with water and cloves; stew until soft, add sugar and butter, when dissolved rub all through a sieve. Beat up eggs with milk, add flour sifted with baking powder and add to apples. Mix well, and put two tablespoonfuls of this mixture into tartlet pans, and bake in a moderate oven for twenty minutes.

Sufficient for fourteen tartlets.

ORANGE TARTLETS

Flaky pastry	1 egg
Orange marmalade	$\frac{1}{2}$ orange
$\frac{1}{4}$ cupful butter	$\frac{1}{2}$ teaspoonful baking powder
$\frac{1}{4}$ cupful sugar	$\frac{1}{2}$ cupful Regal Flour

Line small patty pans with pastry. Put one teaspoonful of orange marmalade in each and set aside in a cool place. Cream sugar and butter thoroughly together, add egg well beaten, grated rind and strained juice of half of orange, and flour sifted with baking powder. Mix and divide into prepared tins. Bake in a hot oven from twelve to fifteen minutes.

Sufficient for twelve tartlets.

**JELLY ROLL**

3 eggs—beaten	1½ teaspoonfuls baking powder
¾ cupful sugar	½ teaspoonful vanilla extract
1 tablespoonful milk or cream	1 tablespoonful butter—melted
1 cupful Regal Flour	Jam or jelly, slightly warmed

First grease a jelly roll tin and line it with buttered paper, allowing paper to come a little above the rim of tin. Beat eggs until light, add sugar gradually, beat five minutes, add milk or cream, flour sifted with baking powder, vanilla extract and butter. Spread mixture on prepared tin; bake in a quick oven for twelve to fifteen minutes, or until firm to touch.

Have ready sheet of paper sprinkled with sugar, and turn cake onto it. Quickly remove buttered paper and spread over with jam or jelly and roll up at once. Place on sieve or wire rack to cool. Jelly roll may be served hot as a pudding with custard sauce, or cut in slices and served cold.

Sufficient for eight persons.

CHOCOLATE SPONGE CAKE

½ cupful butter	4 teaspoonfuls baking powder
2 cupfuls confectioners' sugar	2⅓ cupfuls Regal Flour
4 eggs, separated	½ teaspoonful salt
2 squares unsweetened chocolate	1 cupful milk
	¾ teaspoonful vanilla extract

Cream the butter, add one cup sugar gradually while stirring constantly. Beat the yolks of eggs until thick and lemon-tinted; add to them the second cup sugar while beating constantly, then combine the two mixtures. Melt chocolate over hot water, cool and add to mixture. Sift together flour, baking powder, and salt; add alternately with milk to mixture; add extract. Then cut and fold in the whites of eggs beaten until stiff. Beat until ingredients are thoroughly blended. Turn mixture into a well-buttered tube pan and bake forty-five minutes in a moderate oven. Delicious with marshmallow frosting. Sufficient for one large cake.

SPONGE CAKE

1 eggs	1 teaspoonful baking powder
¼ teaspoonful salt	1 cupful Regal Flour
5 cupful sugar	1 teaspoonful lemon extract

Add salt to eggs and beat for fifteen minutes, add sugar and beat until very light, then remove beater, sift in flour mixed with baking powder, add extract and mix carefully and lightly. Turn into a well-greased and floured cake tin, and bake in a moderate oven for forty minutes.

Sufficient for eight persons.

One of the oldest kinds of light cakes that is still a universal favorite is the sponge cake.

The popularity of the sponge cake is due to its lightness and its high nutritive value, which makes it the confection "par excellence" for children, while it is easily handled without soiling the fingers. Fine hard-grained sugar produces the best sponge cakes; both the powdery and the coarse forms should be avoided. Suitable sugar mixes readily with the eggs; the fine grains assist in breaking and creaming the yolks. Coarse sugar has a tendency to remain crystalline in the sponge batter, and the baked cakes generally show specks on top in consequence. This is most noticeable in those sponge cakes that are made by beating the yolks and whites separately.

Flour of a fairly soft nature is best for these cakes, and should be sifted before using, to make light mixing easy without toughening the batter.

BROWNIES

$\frac{1}{3}$ cupful butter	1 egg, well beaten
$\frac{1}{3}$ cupful sugar	1 cupful Regal Flour
$\frac{1}{3}$ cupful molasses	1 cupful nuts

Cream the butter and add sugar gradually. Next, add molasses and the well-beaten egg, then the flour, and part of the nut meats broken in pieces. Drop in small greased tins. Set half a nut meat on the top of each cake and bake in a moderate oven.

ONE-EGG CAKE

$\frac{1}{4}$ cupful butter	1½ cupfuls Regal Flour
$\frac{2}{3}$ cupful sugar	2 teaspoonfuls baking powder
1 egg, well beaten	$\frac{1}{2}$ teaspoonful vanilla

$\frac{1}{2}$ cupful milk

Cream the butter; add gradually the sugar, beating hard, then the egg; sift flour and baking powder together; add alternately with the milk, a little at a time. Add vanilla. Bake in a shallow pan in a moderate oven about 30 minutes. Ice as desired.

EMERGENCY CAKE

$1\frac{2}{3}$ cupfuls Regal Flour, after sifting once	2 teaspoonfuls baking powder
1 cupful sugar	2 egg-whites
$\frac{1}{4}$ teaspoonful grated nutmeg (or $\frac{1}{2}$ teaspoonful vanilla)	Soft butter as needed
	$\frac{1}{2}$ cupful milk

Sift together the flour, sugar, and baking powder. To the whites in a measuring cup add enough soft (not melted) butter to half fill the cup; add milk to fill the cup; turn into the dry mixture with the nutmeg and beat vigorously 7 minutes. Bake in a loaf or sheet. Frost with any desired frosting.



STRAWBERRY SHORTCAKE

2 quart baskets strawberries	. 1/2 teaspoonful salt
1 1/2 cupfuls sugar	1/4 cupful butter
4 teaspoonfuls baking powder	1 cupful milk (about)
2 cupfuls Regal Flour	Extra butter, for spreading layers
Cream, if desired	

Hull, wash and drain berries, save a few choice berries for a garnish, cut rest in halves and mix with sugar. Sift together baking powder, flour, and salt, and work in butter with two knives; add milk gradually, and mix to a soft dough with a knife. Press dough into two well-greased layer cake tins. Bake in a quick oven for fifteen to twenty minutes. Turn one layer upside down on a serving dish, spread liberally with butter; pour on half the berries, and set the other layer above; spread with butter and rest of berries. Garnish with the whole berries and whipped cream if desired. This recipe may be used for other fruits, as blackberries, raspberries and sliced peaches.

Sufficient for four to six people.

This dough may be rolled and cut into large biscuits, and used for serving individual shortcakes.

FRUIT CAKE

2 cupfuls butter	. 1/2 teaspoonful cloves
2 1/2 cupfuls brown sugar	1/2 teaspoonful allspice
5 eggs	1/2 teaspoonful mace
6 cupfuls Regal Flour	1/4 teaspoonful salt
2 teaspoonfuls cream of tartar	1/2 cupful molasses
1 teaspoonful soda	1/2 cupful coffee or milk
1 1/2 teaspoonfuls cinnamon	1 pound raisins
1 1/2 teaspoonfuls nutmeg	1 pound currants

Cream together the butter and sugar. Add the eggs beaten well. Measure and sift together all but one-fourth cupful of the flour with the cream of tartar, soda, salt, and spices. Add to the first mixture alternately with the molasses and milk. Clean and weigh the raisins and currants, mix them with the remaining one-fourth cupful of flour, and add to the cake mixture. Bake in three medium sized well greased and floured loaf pans at 275° F. for three hours or until thoroughly baked.

ENGLISH PLUM PUDDING

4 cupfuls currants	1 teaspoonful salt
2 cupfuls sultana raisins	2 tablespoonfuls butter
2 cupfuls glacé cherries	1 cupful blanched and chopped almonds
2 cupfuls seeded raisins	2 orange rinds, grated
4 cupfuls chopped suet	2 lemon rinds, grated
2½ cupfuls brown sugar	2 nutmegs, grated
4 cupfuls shredded mixed candied peels	1 tablespoonful powdered cinnamon
1 pound peeled and chopped apples	1 tablespoonful powdered ginger
2 cupfuls bread crumbs	10 eggs
5 teaspoonfuls baking powder	1 cupful brandy or fruit juice
2 cupfuls Regal Flour	

Clean fruit carefully and put it into a large mixing bowl, add cherries cut in halves, sugar, peels, apples, bread crumbs, baking powder, flour, salt, butter, nuts, rinds of oranges and lemons, spices, eggs well beaten, and brandy or fruit juice. Mix thoroughly and allow to stand in a cool place for one hour. Divide into two well-greased molds, cover, and steam steadily for ten hours.

The puddings may be boiled instead of steaming them. Turn out and serve with hard sauce or liquid sauce. The puddings may be kept in a cool place for several weeks before using them, and reboiled for several hours as required. Left-over cold plum pudding is very good if cut in slices and fried. If liked, plum puddings may be decorated with whipped and sweetened cream and sprigs of holly. Sufficient for twelve to fourteen persons.

CHERRY PUDDING

2 tablespoonfuls butter	1 tablespoonful lemon juice
1 cupful sugar	3 teaspoonfuls baking powder
3 eggs	3 cupfuls Regal Flour
1 cupful milk	½ teaspoonful salt
4 cupfuls stoned cherries	

Cherry Sauce:

1 cupful sugar	1 cupful cream
¼ cupful butter	1 egg
1 cupful stoned cherries	

For Pudding:—Cream butter and sugar thoroughly together, add eggs well beaten, milk, lemon juice, and flour sifted with baking powder and salt, and add cherries. Pour into a large greased mold, cover with greased paper and steam steadily for two and one-half hours. Turn out and serve hot with the sauce.

For Sauce:—Melt butter and sugar in a saucepan, add cream, egg well beaten, cherries cut in halves, and make very hot.

Sufficient for seven to nine persons.

**MAPLE SYRUP CAKE**

$\frac{1}{2}$ cupful butter or substitute	$\frac{1}{2}$ cupful hot water
$\frac{1}{2}$ cupful granulated sugar	$2\frac{1}{2}$ cupfuls Regal Flour
2 eggs, beaten light	$\frac{2}{3}$ teaspoonful soda
1 cupful maple syrup	2 teaspoonfuls baking powder
	$\frac{1}{2}$ teaspoonful ginger

Cream the butter; gradually add the sugar. Add the eggs, beaten without separating the whites and yolks. Add the maple syrup, then the water alternately with the flour; which has been sifted, measured, and sifted again with the ginger, soda and baking powder added. Bake in a tube loaf pan about 50 minutes. Cover with maple icing and decorate with halves of walnuts.

GOLDEN SUNSHINE CAKE

4 eggs	$1\frac{1}{2}$ teaspoonfuls baking powder
1 cupful sugar	$\frac{1}{4}$ teaspoonful salt
4 tablespoonfuls cold water	$1\frac{1}{2}$ tablespoonfuls cornstarch
1 cupful Regal Flour	1 teaspoonful lemon extract

Separate the eggs and beat the yolks until thick; add the sugar gradually stirring constantly. Add the water and mix thoroughly. Meanwhile sift together the flour, baking powder, salt and cornstarch, and add to the first mixture. Beat well and add the extract. Last, fold in lightly the stiffly beaten whites of the eggs. Bake in a loaf or tube pan at 320° F. for one hour. This is an excellent ice cream cake.

ECONOMY SPONGE CAKE (Using 2 eggs)

2 eggs, beaten separately	1 tablespoonful lemon juice
1 cupful sugar	$1\frac{1}{3}$ cupfuls Regal Flour
5 tablespoonfuls cold water	2 teaspoonfuls baking powder
	$\frac{1}{2}$ teaspoonful salt

Beat the egg-yolks until thick, add the sugar gradually and continue beating. Add water and lemon juice. Sift flour, measure, add baking powder and salt and sift again. Add gradually to the first mixture. Fold in the stiffly beaten egg-whites. Bake in a loaf about 30 minutes.

APPLE ROLY POLY

4 teaspoonfuls baking powder	1 teaspoonful salt
2 cupfuls Regal Flour	1 cupful sugar
2 cupfuls whole wheat flour	Milk or water
2 cupfuls chopped suet	3 pounds peeled and chopped apples
	1 lemon

Mix flour with baking powder, add suet, salt, one tablespoonful of the sugar and enough milk or water to make a smooth, soft dough. Turn out onto a floured baking board, knead lightly, and roll out to one-half inch in thickness.

Mix apples with grated rind and strained juice of lemon, sprinkle these over the pastry, wet pastry edges with cold water, roll up and seal edges and ends thoroughly. Roll in a pudding cloth, scalded and floured, and tied up; plunge into a pan of fast boiling water and boil steadily for three hours. Remove cloth, place the roly poly on a hot platter and serve hot with hot milk.

The roly poly may be folded and laid in a greased mold, covered with greased paper and steamed for three and one-half hours.

Other fruits may be used in place of the apples.

Sufficient for eight to nine persons.

COTTAGE PUDDING

$\frac{1}{4}$ cupful butter	1 cupful milk
$\frac{3}{4}$ cupful sugar	4 teaspoonfuls baking powder
1 egg	$2\frac{1}{4}$ cupfuls Regal Flour
1 teaspoonful lemon extract	$\frac{1}{2}$ teaspoonful salt

Hard Sauce:

$\frac{1}{2}$ cupful butter	1 teaspoonful vanilla extract
1 cupful sugar	1 teaspoonful hot water

For Pudding:—Cream butter and sugar thoroughly, add egg well beaten, lemon extract, milk, and flour sifted with baking powder and salt. Mix and beat with a wooden spoon for three minutes, then turn into a greased and floured tin or mold, and bake in a moderate oven for thirty-five minutes. Turn out and serve with sauce.

For Sauce:—Beat butter and sugar to a cream, add hot water and extract; mix well, and chill before using.

This pudding may be served with lemon, vanilla, or wine sauce, or it may be steamed for one and one-half hours and served with strawberry sauce

Sufficient for six persons.



CHOCOLATE LAYER CAKE

4 squares bitter chocolate
 $\frac{1}{4}$ cupful boiling water
 $\frac{1}{2}$ cupful butter
 $1\frac{1}{4}$ cupfuls sugar
1 teaspoonful vanilla extract
3 eggs, separated

2 teaspoonfuls baking powder
2 cupfuls Regal Flour
 $\frac{1}{4}$ teaspoonful salt
 $\frac{1}{2}$ cupful milk
White frosting
Chocolate frosting

Melt chocolate in small saucepan, add water, and cook over hot water until smooth. Cream butter and sugar thoroughly together, add chocolate, vanilla extract, yolks of eggs well beaten, flour sifted with salt and baking powder, and add milk. Beat well, cut and fold in whites of eggs beaten to a stiff froth. Divide into three greased and floured layer tins, and bake in a moderate oven for twenty-five minutes. Cool and put together with white or chocolate frosting. The top of cake should be covered with frosting.

Sufficient for a medium-sized three-layer cake.

PINEAPPLE FRITTERS

1 small pineapple
1 cupful Regal Flour
2 teaspoonfuls baking powder
2 tablespoonfuls powdered sugar
 $\frac{1}{4}$ teaspoonful salt
1 beaten egg
 $\frac{1}{4}$ cupful milk
1 tablespoonful lemon juice

Lemon Sauce:

1 tablespoonful cornstarch
1 cupful sugar
2 cupfuls boiling water
1 lemon
2 tablespoonfuls butter

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For Fritters:—Peel pineapple (avoiding outside skin and core), and grate thoroughly; mix and sift dry ingredients, add egg and milk, and pineapple mixed with lemon juice. Drop mixture from tip of tablespoon into plenty of smoking fat and fry until a golden brown color.

Drain and serve with the sauce.

For Sauce:—Mix cornstarch and sugar in saucepan, add water and cook for twenty minutes. Add grated rind and strained juice of lemon and butter, and serve very hot.

Sufficient for fourteen fritters.

LAYER CAKE

1 cupful butter or lard
2 cupfuls sugar
4 eggs—separated

1 cupful milk
4 teaspoonfuls baking powder
4 cupfuls Regal Flour
 $\frac{1}{2}$ teaspoonful salt

Filling:

2 cupfuls milk
6 tablespoonfuls cornstarch
1 egg yolk

6 tablespoonfuls sugar
 $\frac{1}{2}$ teaspoonful salt
1 cupful seeded raisins

Water Icing:

1 egg white
2 tablespoonfuls hot water

1 teaspoonful vanilla extract
Confectioners' sugar

For Cake:—Beat shortening and sugar to a light cream; separate eggs, beat yolks until well mixed and add slowly to sugar and shortening; add milk very slowly, stirring all the time; beat whites of eggs until stiff and add half; sift flour, baking powder and salt and add rest of beaten egg white and rest of flour. Line four jelly tins with paper; do not grease. Put mixture on and spread smooth; bake in a moderate oven for twenty-five to thirty minutes. The finished cake will be four inches high.

For Filling:—Rinse a saucepan with cold water, add one and one-half cupfuls of milk and bring to boiling point; stir in cornstarch which has been moistened with remainder of milk; add egg yolk, sugar and salt; boil for five minutes; add raisins which have been washed, dried, and put through a food chopper; beat till cold, then spread between cake.

For Water Icing:—Beat up white of egg, add water, flavoring and enough sifted confectioners' sugar to make a nice frosting that will spread on cake.

This recipe makes a large cake. The ingredients can be very easily divided and only half the size made.



RAISIN FUDGE CAKE WITH ALMONDS

$\frac{1}{2}$ cupful butter or substitute	$\frac{1}{2}$ cupful thick sour milk
1 $\frac{1}{2}$ cupfuls sifted brown sugar	2 $\frac{1}{2}$ cupfuls Regal Flour
2 egg-yolks	1 teaspoonful soda
$\frac{1}{2}$ cupful sifted brown sugar	$\frac{1}{2}$ teaspoonful cinnamon
1 cupful chopped raisins	$\frac{1}{4}$ teaspoonful cloves
4 ounces or four squares chocolate, melted	2 egg-whites
$\frac{1}{2}$ cupful hot water	$\frac{1}{3}$ cupful blanched almonds
	2 tablespoonfuls granulated sugar

Beat the butter to a cream and gradually work in the first measure of sugar (the sugar should be well pressed down in the cup). Beat the egg-yolks; beat in the second measure of sugar, the raisins, and melted chocolate. Sift together the flour, soda, and spices and add them to the first mixture alternately with the water and sour milk; lastly, fold in the egg-whites, beaten very light. Turn into a tube loaf cake pan. Split the almonds and press one edge of each half nut in the top of the cake; sift the sugar over the almonds and top of the cake. Bake about 50 minutes.

MOLASSES LAYER CAKE

1 cupful molasses	1 teaspoonful cinnamon
$\frac{1}{2}$ cupful sugar	1 teaspoonful salt
2 eggs and yolk of 1 egg	$\frac{1}{4}$ teaspoonful soda
4 teaspoonfuls butter	$\frac{1}{2}$ cupful buttermilk—or sour milk
1 teaspoonful cloves	2 cupfuls Regal Flour
	2 teaspoonfuls baking powder

Mix and bake in three layers.

Filling:

1 cupful figs	1 cupful water
1 cupful raisins chopped fine	$\frac{1}{2}$ cupful sugar
	$\frac{1}{2}$ teaspoonful vanilla

Cook all together until soft and smooth. Frost top with white of one egg and 5 tablespoonfuls frosting sugar flavored to taste, or make a thick white icing and put between layers.

LITTLE POUND CAKES

3 eggs	$\frac{1}{4}$ teaspoonful salt
$\frac{1}{2}$ cupful sugar	$\frac{3}{4}$ cupful Regal Flour
$\frac{1}{3}$ cupful melted butter	$\frac{1}{2}$ teaspoonful baking powder

Flavoring

Break the eggs into the top of a double boiler; add the sugar and place the boiler over hot water on the range. Now beat the eggs and sugar for fifteen minutes or until the mixture is very light and creamy. Then add the melted butter and beat again for several minutes. Whip in the pastry flour sifted with the baking powder and salt. Flavor as desired and bake in crinkly patty pans at 375° F. Then ice and decorate as preferred.

PLAIN WHITE CAKE

$\frac{1}{2}$ cupful butter	$\frac{1}{2}$ cupful milk
1 cupful sugar	$1\frac{1}{2}$ cupfuls Regal Flour
2 eggs	$2\frac{1}{2}$ teaspoonfuls baking powder
$\frac{1}{4}$ teaspoonful salt	$\frac{1}{4}$ teaspoonful orange extract
	$\frac{1}{4}$ teaspoonful vanilla

Cream together the butter and sugar. Add the egg-yolks well beaten. Sift together the dry ingredients and add to the first mixture alternately with the milk. Beat well. Fold in carefully the whites of the eggs beaten until stiff together with the flavorings. Bake either in a loaf pan at 350° F. for forty-five minutes or in cup or layer-cake pans at 375° F. for thirty minutes.

SOUR CREAM CAKE

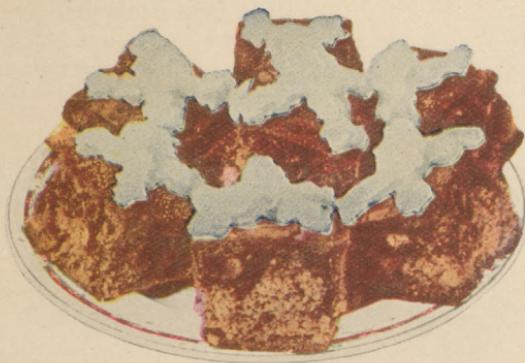
$\frac{1}{2}$ cupful margarin	1 teaspoonful nutmeg
1 cupful sugar	$1\frac{1}{2}$ teaspoonfuls soda
$\frac{1}{2}$ cupful molasses	2 cupfuls Regal flour
2 eggs	1 cupful sour cream
1 teaspoonful cinnamon	$\frac{3}{4}$ cupful raisins
$\frac{1}{4}$ teaspoonful salt	$\frac{3}{4}$ cupful nut meats

Cream together the margarin and sugar; add the molasses and eggs well beaten; sift together the dry ingredients, reserving sufficient flour for dusting the raisins; add this alternately with the sour cream to the mixture. Chop the nuts and raisins fine, dust with the flour, and add. Beat well, pour into a large loaf pan, and bake at 350° F. for about forty-five minutes.

TWO-EGG SUNSHINE CAKE

$\frac{1}{4}$ cupful margarin	$1\frac{1}{2}$ cupfuls Regal Flour
1 cupful sugar	$\frac{1}{2}$ teaspoonful salt
2 eggs	2 teaspoonfuls baking powder
$\frac{1}{2}$ cupful cooked sifted squash	$\frac{1}{2}$ cupful hot milk
	1 teaspoonful lemon extract

Cream together the margarin and sugar; add the eggs beaten until very light, the sifted squash and the flour mixed and sifted with the baking powder and salt. Beat thoroughly, then add the hot milk and the extract. Bake as a loaf cake at 350° F. or in layer cake pans at 375° F. If the latter form is used, put the layers together with lemon filling.



EASILY-MADE DATE CAKE

2 eggs	1 1/4 cupfuls Regal Flour
1/2 cupful milk	1/4 teaspoonful salt
1 cupful brown sugar	1 teaspoonful powdered ginger
1/3 cupful butter	1/2 teaspoonful powdered nutmeg
3 teaspoonfuls baking powder	1/2 pound stoned and sliced dates

Whipped cream

Put eggs into a basin, add milk, sugar, butter, flour sifted with baking powder, salt and spices, add dates and beat all together for five minutes. Pour into a buttered and floured cake tin, and bake in a moderate oven for thirty-five minutes. Turn out and cut in squares, and serve with whipped and sweetened cream. Sufficient for eight squares.

FRUIT BARS

2 eggs beaten with a pinch of salt	1 cupful dates
1 cupful sugar	1 cupful Regal Flour
2 tablespoonfuls boiling water	2 teaspoonfuls baking powder
1 cupful chopped nuts	1 teaspoonful vanilla

Break eggs into a bowl, beat, then add other ingredients in the order given, sifting flour and baking powder together. Pour into a shallow greased pan and cut in squares when cold.

Sufficient for twenty-four bars.

OLD FASHIONED MOLASSES CAKE

1/2 cupful sugar	1 teaspoonful ginger
1/2 cupful shortening	1 teaspoonful cinnamon
1 egg	3 cupfuls Regal Flour
1/2 cupful sour milk	1/2 teaspoonful soda
1/2 cupful molasses	2 teaspoonfuls baking powder

Cream sugar and shortening. Add well-beaten egg, cinnamon, ginger, molasses and milk—soda dissolved in one tablespoonful hot water. Then add flour and baking powder, which have been sifted together. Turn into well-greased tin. Bake in moderate oven about thirty minutes.

OLD-FASHIONED POUND CAKE

$\frac{2}{3}$ cupful butter	1 cupful eggs—5 eggs usually fill a cup; the eggs are measured before beating
2 cupfuls Regal Flour	
1 teaspoonful baking powder	
Pinch salt	1 $\frac{1}{2}$ cupfuls sugar
	2 tablespoonfuls orange flower water

Cream butter with flour. Add baking powder and salt to eggs and beat them very light with an egg beater. Add sugar gradually, and beat well, remove the beater, add egg mixture to creamed flour, using a wooden spoon, until all is mixed. Add orange flower water, and beat thoroughly with long, light strokes. Turn into a greased and floured shallow cake tin and bake in a moderate oven for one hour.

Sufficient for one cake (for ten to twelve people).

COCOANUT CAKE

3 tablespoonfuls butter	2 teaspoonfuls baking powder
1 cupful sugar	2 cupfuls Regal Flour
2 eggs, separated	$\frac{1}{4}$ teaspoonful salt
1 cupful milk	1 cupful shredded cocoanut
1 teaspoonful orange extract	White frosting.

Beat butter and sugar until creamy; add yolks of eggs well beaten, milk, orange extract, flour sifted with baking powder and salt; add cocoanut and whites of eggs beaten to a stiff froth. Turn into a flat, buttered and floured cake tin, and bake in a moderate oven for thirty minutes.

Cool, cover with white frosting and sprinkle over with cocoanut.

Sufficient for one small cake.

HASTY CAKE

$\frac{1}{4}$ cupful butter	Chocolate Frosting:
1 cupful sugar	2 squares chocolate
$\frac{1}{2}$ cupful milk	$\frac{3}{4}$ cupful sugar
2 egg whites	3 tablespoonfuls milk
$\frac{1}{2}$ teaspoonful orange or almond extract	$\frac{1}{2}$ teaspoonful almond extract
2 teaspoonfuls baking powder	2 egg yolks
1 $\frac{1}{2}$ cupfuls Regal Flour	
Pinch salt	

For Cake:—Cream butter and sugar together, and milk, whites of eggs, extract, and flour sifted with baking powder and salt. Beat for five minutes, then turn into a buttered and floured tin and bake for thirty-five minutes. Turn out and cool.

For Frosting:—Melt chocolate in top of a double boiler, add sugar and milk, and cook until smooth; add egg yolks and extract and cook for one minute. Spread on cake.

Sufficient for one small cake.



BIRTHDAY CAKE

1 cupful butter
2 cupfuls sugar
4 eggs
1 cupful milk
1 cupful sultana raisins
 $\frac{1}{2}$ cupful currants

$\frac{1}{2}$ cupful shredded candied citron peel
1 wineglassful brandy or fruit juice
4 cupfuls Regal Flour
3 teaspoonfuls baking powder
 $\frac{1}{4}$ level teaspoonful salt
1 teaspoonful grated nutmeg

Boiled frosting

Cream butter and sugar together, and eggs, one at a time, and beat well, now add milk, fruit, brandy or fruit juice and flour sifted with baking powder, salt and nutmeg. Pour into a well-greased and papered cake tin and bake in a moderate oven for two hours. Turn out, cool, and cover with boiled frosting. If liked, this cake may be decorated with tiny shamrocks and candles. Sufficient for fourteen to sixteen persons.

WHITE FRUIT CAKE

1 cupful butter
3 cupfuls sugar
8 eggs, separated
1 cupful milk
2 teaspoonfuls baking powder
6 cupfuls shredded candied citron peel

$3\frac{1}{2}$ cupfuls Regal Flour
 $\frac{1}{4}$ teaspoonful grated nutmeg
1 teaspoonful powdered mace
 $\frac{1}{4}$ teaspoonful salt
2 cocoanuts, grated

Cream butter and sugar thoroughly together, add beaten yolks of eggs, milk, flour sifted with baking powder, spices and salt, whites of eggs stiffly beaten, cocoanuts and peel.

Mix carefully and turn into a greased and floured cake tin and bake in a moderate oven for one and one-fourth hours.

Sufficient for twelve to fifteen persons.

